



THE 14th ANNUAL
RACE TO BEAT BREAST CANCER
5K RUN/WALK

October 22, 2016



All Proceeds Will Benefit:

**RMH Foundation for Breast Care and Treatment at
the Sentara RMH Medical Center**

A Brief Welcome.....

The Harrisonburg Parks and Recreation Department would like to welcome you to this year's 14th Annual Race to Beat Breast Cancer 5K Run/Walk. Once again this year's proceeds will benefit the worthy cause of RMH Foundation for Breast Care and Treatment at the Sentara RMH Medical Center.

Over the previous 13 years of this event we have raised over \$115,000 for local breast cancer treatment and support. We hope to achieve our goal of 400 participants this year. Some groups who are participating in this year's event include Team Alice, Hall & Dean's Stars, Linville-Edom Erasers, Beta Alpha Psi, Harrisonburg OBGYN, Sentara RMH South Main Health Center, Team Wendy, We Walk For You, Kitty's Group-Cabana Girls, Shenandoah Women's Health Clinic, LWWC Walking Warriors, Peek-a-Boobies, Hakuna Ma Tatas, Broadway High School, Canterbury/Emmanuel, and many more.

Many thanks go out to Panera for providing bagels for before and after the event, along with extra sponsorship and donations. Thanks to Harrisonburg OBGYN for getting together a team again this year, and being a Platinum Sponsor for the event. Thanks to Blue Stone Hills Dentistry for joining us this year with their Platinum Sponsorship. Finally thank you to Hall & Dean DDS Family Dentistry for joining us as a Bronze Level Sponsor and putting together a team. So please take the time to visit and thank those businesses involved.

We once again appreciate the Harrisonburg Parks and Recreation for providing staffing and facility usage to help this event run as smooth as possible. Thanks to the Harrisonburg Police Department for providing course safety support. Our last thanks goes to volunteers from Sentara RMH Wellness Center for helping with packet handout, and the volunteers from JMU Track and Field for providing over 40 volunteers for packet handout, course marshals, and water table support.

We would like to thank all the runners, walkers, and donors for their dedication and commitment to an event that's intention is to help in the fight against breast cancer. We hope that everyone has a fun, safe time, with hopes of everyone returning next year so we may continue to improve this annual event to fight breast cancer.

N2Hair

Harrisonburg Parks and Recreation **5K Records**

Mens	Year	Time
1. Ryan Carroll	RBBC03	16:33
2. Matthew Lofton	RBBC11	16:40
3. Matthew Lofton	RBBC12	16:41
4. Stanley Peyton	RBBC15	16:50
5. Robbie Olsen	RBBC06	16:51.7
6. Matthew Lofton	RBBC10	16:59.7
7. Tim Harder	RBBC03	17:05
8. Andrew Jenner	RBBC10	17:05.8
9. Joel Hess	RBBC14	17:11
10. Huey Iman	2000	17:12.4

Womens	Year	Time
1. Kathleen Casto	RBBC10	17:49.4
2. Jordan Daniel	RBBC13	18:01
3. MJ Saunders	RBBC13	19:29
4. MJ Saunders	RBBC12	19:37
5. MJ Saunders	RBBC15	20:38
6. Corinne Makarewich	RBBC11	21:17
7. Kendra Nissley	RBBC03	21:31
8. Katrina Weyland	DVTF09	21:35
9. Hannah Miller	RBBC13	21:35
10. Moriah Hagadone	2000	21:41.0

2015 Top Three Men/Women 5K

Men: 1) Stanley Peyton 16:50 2) Trevor Goodwin 20:14 3) James Spicer 20:31

Women: 1) MJ Saunders 20:38 2) Johanna Morgan 23:22 3) Cara O'Regan 24:32



Race Day Instructions

When you arrive to Westover Park, you must enter on the Route 33 entrance to the park. Our start/finish line will be near the entrance to Dogwood Drive, and you will not be able to drive over this area.

There will be numerous tables set up for packet pick-up in the gym. If you have pre-registered (and not already received your packet), go to the tables, and based on your last name we will find your packet for pick-up. Please double check to make sure your name is on the bib and you aren't getting another person's packet.

All participants please take your race number from your race packet and attach it to the front of your shirt, there will be safety pins located in your packet for this. If you want your results recorded, you must wear your race number bib (it has your timing chip attached).

If you are one of the first 500 registered you will receive a free race t-shirt with your race packet.

Once you have your race packet, there will be race refreshments provided by Panera Bread provided in the gym for all participants, feel free to help yourself.

At 9:00 a.m., there will be introductions, and cancer survivor testimonials. We will be doing these in the gym.

Once introductions and testimonials are complete, please meet at the starting line near the entrance to Westover Park, at the speed bump.

Walkers, please allow the runners to move to the beginning of the start line.

We will be starting the runners promptly at 9:30 a.m.

Stretch and warm up accordingly.

Walkers will start immediately after the runners.

Once you have completed the race, please continue through the finish line area to clear the way for additional race finishers. We are doing chip timing this year provided by Bad to the Bone Timing, so results will be ready immediately. Help yourself to what is left of the refreshments as well.

We will be doing an award presentation following the event in the gymnasium. We will be awarding 1st, 2nd, and 3rd place medals for each age/gender groups.

Results to the race will be available later in the day at www.badtothebone.biz or on Monday at www.harrisonburgva.gov/beat-breast-cancer-race.

Hall & Dean DDS Family Dentistry

COURSE DESCRIPTION

1ST Half Mile

The race begins at the speed bump on the Westover Park entrance road and heads out to South Dogwood Drive. You turn right onto South Dogwood and begin a steady uphill climb to Ohio Avenue where you will take a right, then and immediate left onto Elmwood Drive.

2nd Half Mile

This begins between New York Avenue and Maryland Avenue. You will go one more block and turn right onto Sunrise Avenue. This will begin a steep downhill section eventually leveling out as it turns into Circle Drive.

3rd Half Mile

This begins in the middle of Circle Drive and will feature a brief uphill and then level out. Circle Drive will change to Neyland Drive and has a short but steep climb back up to South Dogwood Drive. Turn right onto Dogwood and continue with a gradual upgrade. This is a good time to switch to the left side of the road so that you are running/walking facing traffic.

4th Half Mile

This will begin leveling out to a gradual downgrade toward South Avenue. Turn left onto South Avenue and head down the hill for one block. You will then turn left onto Chestnut Drive. There is a slight uphill until you come to Neyland Drive intersection. The rest is fairly level.

5th Half Mile

You will continue along Chestnut Drive, crossing back over Maryland Avenue. This stretch is still fairly level.

Final Stretch

You will continue along Chestnut Drive and then bear left onto Willow Street. This will be a gradual downgrade and level out. Turn left onto Water Street, go one block and turn left onto Dogwood Drive. You will now begin the Inspirational Homestretch featuring signs honoring and memorializing those affected by Cancer. Return back into Westover Park and finish at the speed bump where the race started.

**THANKS FOR PARTICIPATING AND GOOD LUCK
TO ALL!!**

5K Race Route Map

